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YOUR  
MIND

## YOUR MIND

Among the care due to the body and soul, let us remember the housing problem.

The more educated the person, the cleaner the household.

The home is not always rich from a material point of view. However, there is cleanliness and order, safety, and good taste.

It is imperative, however, that the sense of hygiene and harmony is not limited to the external home. Such concern must reach our inner home.

The mind is the home of the spirit.

As with any house, it has many rooms used for various activities, and sometimes, we overload the dependencies of our inner home with ideas truly inadequate for our real needs.

When ingrained prejudices, useless theories, concerns and tensions, complaints and resentments settle within us, we squander the treasures of time and the opportunities for progress, for we impede the passage of the transforming current of life through our strength.

We know that a house, no matter how simple, must be airy and exposed to sunlight to ensure health. No one deliberately keeps garbage in the house.

Any disturbance in the sewage system or the circulation of electricity is a reason for immediate assistance.

Since ancient times, we have been fighting darkness. From the torch to the oil lamp, from the oil lamp to the modern light bulb, man has striven to create resources to defend himself against the darkness predominance.

Consider this, and do not harbor resentment or cultivate discord in the realm of your own soul.

Work, study, do good, and forget evil, so you protect yourself against the fog of ignorance.

Your mind is your non-transferable home.

Your dreams, aspirations, emotions, ideas, plans, and achievements are born in it.

Your manifestations on the paths of life come from it, and our manifestations on the paths of life depend on our captivity to the shadow or our release into the light.

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